Xcel Bronze Vault 1 – Stretch Jump (4.5) then Handstand Flat Back (4.5) = 9.0

APPROACH

Extra bounces   **.3 ea**

Run up and step up on mat   4.5

Rebound – come to rest/support on Mat Stack on body parts other than feet first   VOID 1A

Fall (to hands, knees, hips after landing feet first)   0.50
1st Balk – no deduction
2nd/3rd Balk - VOID 1A
Hands and step may be on mat or board

STRETCH JUMP - MAT (4.5)

Height	↑.5
Maintain stretch body	
Arch	↑.3
Pike/tuck	↑.5
Arm/Head Align	↑.3
Legs Separated	↑.2
Foot form	↑.1

Landing – demi-plié w/ control & proper body pos.   ↑.5

Fail join heels (max. hip width)	0.05
Entire foot/feet slide/lift to join	↑.1
Feet Staggered	↑.1
Feet Further than hip width	.1
Dynamics	↑**.3**

HANDSTAND FLAT BACK (4.5)

Arms to ears/reach for mat	↑.2 ea
Lever action	↑.1
Extra kick to handstand	0.50 ea
Arms Bent	↑.5
Steps/hops on hands (Max .3)	.1 ea
Handstd (not thru vertical (roll action)	↑2.0
Incorrect align in handstand	↑.5
Shoulder angle	↑.3
Maintain stretch body	
Arch	↑.3
Pike	↑.5
Fail to contact mat with both hands	1.0
Legs bent	↑.3
Legs separated	↑.2
Foot form	↑.1

LANDING / GENERAL

Fail to finish land flat back	↑1.0
Assistance on landing	.5
Assistance during vault	1.0
Max. spotting deduction	1.5
Incorrect vault	Void

- Min. 16" mat - up to 48"
- No repulsion required
- May do each Bronze Vault once if mat change not more than 8"

Vault w/o CJ signal (- 0.50 from average. of next vault

Bronze Vault 2 – Jump to Handstand Flat Back   10.0 SV

FLIGHT→MAT STACK

Straight body	
Pike	↑.5
Arch	↑.3
Head align	↑.1
Legs bent	↑.3
Legs separated	↑.2
Foot form	↑.1

Comes to rest or support on top of mat w/o execution of vault   VOID
Performs incomplete/wrong vault instead of 0 allowed second ½ of Vault 1 to receive a max score of 4.5

1st Balk – no deduction
2nd/3rd Balk - VOID

SUPPORT PHASE

Arms Bent	↑.5
Arms Bent / Head touch	2.0
Steps/hops on hands (Max .3)	.1ea
Shoulder align	↑.3
Head align	↑.1
Handstd (not thru vertical (roll)	↑2.0
Contact after vertical	↑**1.0**
(1 – 45) ↑.5 / *(45 – 89)* .55 – 1.0	
Arch	↑.3
Pike	↑.5
Legs bent	↑.3
Legs separated	↑.2
Foot form	↑.1

POST HANDSTAND PHASE

Arch	↑.3
Pike	↑.5
Legs bent	↑.3
Legs separated	↑.2
Poor foot form	↑.1
Head align	↑.1
Fail to land on Flat Back	↑1.0

EXAMPLES:
Land seat in pike – salutes / gets off	.5
Lands arched/bent legs – salutes	↑.5

- *If lays back down –execution only*

Lands on feet - salutes – steps off   1.0

Lands flat back – slides off end of mat
NO ded. for fall – salute from floor

Fail to contact w/ both hands
(Performs layout or touches 1 hand) 3.0

GENERAL

Direction	↑.3
Dynamics	↑.3
Assistance on landing	.5
Assistance during vault	1.0
Max. spotting deduction	1.5
Incorrect vault	VOID

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- No repulsion required
- May do each Bronze Vault once if mat change not more than 8"

Vault w/o CJ signal (- 0.50 from average. of next vault